



Isle Listen

Progressive Muscle Relaxation

Sit or lie in a comfortable position. Key areas of the body are listed below, where you can tense your muscles tightly. Hold the tension for 10 seconds, and pay attention to how it feels. Release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

Feet Curl your toes tightly into your feet, then release them.

Calves Point or flex your feet, then relax them.

Thighs Squeeze your thighs together tightly, then let them relax.

Torso Suck in your abdomen, then release the tension and let it fall.

Back Squeeze your shoulder blades together, then release them.

Shoulders Firmly lift your shoulders toward your ears, then let them drop.

Arms Make fists and squeeze them toward your shoulders, then let them drop.

Hands Make a tight fist with your hand and then relax your fingers.

Face Scrunch your facial features to the centre of your face, then relax.

Full Body Squeeze all muscles together, then release all tension.